

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

FEBRUARY 2016

Mexican Chicken Soup Bread Sticks Corn Chowder with Sausage Chicken and Dumpling Soup Hamburger Vegetable Soup

Mexican Chicken Soup

2 cans (14.5 ounces) Mexican-style diced tomatoes
1 can (15-16 ounces) black beans, drained and rinsed
2 cups frozen corn or drained, rinsed canned corn
1 can (14.5 ounces) chicken broth (low sodium preferred)
2 cloves garlic, minced or ½ teaspoon garlic powder
1 teaspoon chili powder
1 teaspoon ground cumin (optional)
¼ teaspoon pepper
1 pound boneless, skinless chicken breasts
Optional garnishes: chopped cilantro, light sour cream, reduced-fat shredded cheddar cheese, baked tortilla chips

1. In a large saucepan or soup kettle, add all ingredients except the chicken.
2. Remove any visible fat from the chicken and cut into large chunks. Add to the saucepan.
3. Heat to boiling, then reduce heat and simmer covered for 20 minutes or until the chicken is tender.
4. Remove the chicken from the soup and shred using a fork. Return the shredded chicken to the soup.

Recipe Source: <http://www.extension.iastate.edu/foodsavings/>

Nutrition Note: This recipe makes 8 servings. Each serving has 160 calories, 3 grams of fat, 16 grams of protein, 20 grams of carbohydrates and 280 milligrams sodium (using low-sodium chicken broth).

Tips for Raising Healthy Eaters

Set a regular schedule for meal times. Young children need routines to practice new skills, like trying healthy foods. Eat with your children. They are more likely to try new foods if they see you eating and enjoying them.

Bread Sticks

4 slices day-old whole-wheat bread
2 tablespoons margarine or butter, melted
⅓ teaspoon garlic powder
2 tablespoons grated parmesan cheese



1. Preheat oven to 375 degrees.
2. Cut each bread slice into four sticks and place into a small baking dish.
3. In a small bowl, combine margarine and garlic powder; pour over sticks. Sprinkle with cheese.
4. Bake for 15 to 20 minutes, turning sticks to brown on both sides.

Nutrition Note: This recipe makes 16 bread sticks. Each bread stick has 35 calories, 2 grams of fat, 1 gram of protein, 3 grams of carbohydrates and 60 milligrams of sodium.

Breastfeeding:

Why breastfeed?



“I chose to breastfeed because I had breastfed my four other children and I love it!” ~ Sara, WIC Breastfeeding Mom from Bismarck

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.

Corn Chowder with Sausage

4-6 cups peeled and cubed potatoes
1 teaspoon salt
3 cups water
1 pound sausage
1 onion, chopped
2 cups frozen corn
1 can (14.75 ounces) cream corn
1 can (12 ounces) evaporated fat-free milk



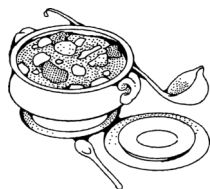
1. In a large saucepan or soup kettle, combine potatoes, salt and water. Boil until potatoes are just tender.
2. Brown sausage and onion in a skillet over medium heat. Drain off excess fat and add to the potatoes.
3. Stir in both types of corn and the evaporated milk. Heat until soup is hot.

Nutrition Note: This recipe makes 10 servings. Each serving has 300 calories, 13 grams of fat, 11 grams of protein, 38 grams of carbohydrates and 770 milligrams of sodium.

Chicken and Dumpling Soup

Soup

- 2 tablespoons oil
- 2 cups sliced carrots
- 1 cup chopped onions
- 1 cup diced celery
- 2 quarts chicken broth (low sodium preferred)
- 2 cups cooked chicken, shredded
- ½ teaspoon black pepper
- ½ teaspoon dried thyme
- 2 bay leaves
- 1 to 2 cups fresh spinach leaves, coarsely chopped (optional)



Dumplings

- 2 cups all-purpose flour (or 1 cup whole wheat flour & 1 cup all-purpose flour)
- ¼ teaspoon salt
- ¾ cup skim or 1% milk
- 1 egg

1. Heat oil in a soup kettle over medium-high heat. Sauté carrots, onions and celery for 5 minutes; stir in broth, chicken, pepper, thyme and bay leaves. Reduce heat to low; simmer, partially covered for 20 minutes.
2. In a small bowl, mix dumpling ingredients until well blended.
3. Drop small spoonfulls of dumpling dough into simmering soup. Cover soup and allow dumplings to cook for about 20 minutes (they will rise to the top of the soup as they cook).
4. Remove bay leaves before serving. Stir in spinach if desired.

Recipe adapted from the Wheat Foods Council <http://www.wheatfoods.org/>

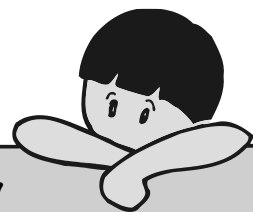
Nutrition Note: This recipe makes 8 servings. Each serving has 280 calories, 7 grams of fat, 21 grams of protein, 33 grams of carbohydrate and 220 milligrams of sodium (using low-sodium chicken broth).



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children.

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800.472.2286, option 1

Turn Off the TV



Create a scavenger hunt in the house. Hide five to seven items and ask your child to find them.

Source: Nutrition Matters™, www.numatters.com

Hamburger Vegetable Soup

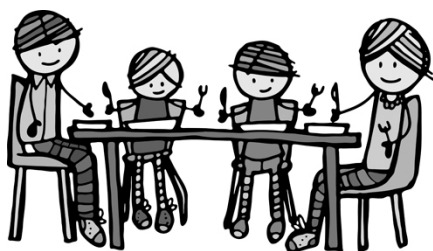
- 1 pound lean ground beef
- 1 cup chopped onion
- 4 cups vegetables, any variety or type (frozen, fresh or canned)
- 2 cans (14.5 ounces each) diced tomatoes
- ¼ cup uncooked brown rice
- 3 cups water
- 1 teaspoon salt
- ½ teaspoon dried basil or oregano
- ½ teaspoon dried thyme
- 1 bay leaf

1. In a medium skillet, brown ground beef and onion. Drain excess fat.
2. In a large soup kettle or saucepan, combine ground beef and onions with the rest of the ingredients.
3. Bring soup to a boil. Reduce heat and simmer for 30 minutes, stirring occasionally.
4. Remove bay leaf before serving.

Nutrition Note: This recipe makes 8 servings. Each serving (using fresh vegetables) has 160 calories, 6 grams of fat, 13 grams of protein, 15 grams of carbohydrates and 520 milligrams of sodium.



GROWING HAPPY FAMILIES



Feed Their Independent Spirit at Meal Times

Each meal time with your preschooler is a chance to help them grow and learn to make decisions on their own. Encourage them to make their own food choices from the healthy foods you offer. Start early and you'll help them build healthy eating habits for life.